

Fall Mindfulness Training for Teachers

*Mindful Teaching Workshop Series with
Dr Tish Jennings and Dr David Keiser*

**Open to all teachers and student support staff in the
AED PSO Network**

Learn how to turn a charged, energy-draining classroom and school environment into a peaceful experience for yourself and your students.

Introductory Workshop	Sep 22 from 4:15 pm - 7 pm TBD
Mindfulness Training Retreat	Oct 16 and 17 from 8 am to 4 pm at the IBM Learning Center, in Armonk, NY (food and lodging provided for this overnight stay).
Mindfulness Follow-Up Workshop	Oct 30 from 9 am to 5 pm. Location AED 100 5 th Ave, 8 th Floor, NY, NY.

This powerful professional learning experience will focus on:

- ❖ How teachers can create a pro-social classroom based on the newest research on the brain and emotions.
- ❖ Practical skills to help teachers strengthen social and emotional competencies, which will reduce stress, and support teachers' ability to create and sustain a supportive learning environment.
- ❖ Creating a structure of ongoing support for practicing mindfulness and discussing concerns in the classroom.

RSVP Required for Introductory Session
Refreshments provided.

Please RSVP to Sara Panag at spanag@gmail.com or (212) 367-4568.